

Anxiety and panic

This month, we share resources, tips and tools for understanding what may be driving your anxious thoughts and feelings — and how to manage them.

In this month's engagement toolkit, you'll find:

Featured article on why experiencing a little anxiety from time to time may help you

Featured article on strategies for coping with and healing from racial trauma

Featured article on what panic attacks are and how to get through them

How-to videos on breathing techniques for managing anxiety and finding calm

Interactive methods for coping with anxious thoughts and feelings

Quick guide on what anxiety is

Link for members to easily access their benefits portal

Member training course "Understanding anxiety"

Manager training resources, including "Anxiety and panic: Triggers and tools"

[View toolkit](#)

What to expect each month:



Latest topics – Connect with up-to-date content that focuses on a new topic every month.



More resources – Get access to additional resources and self-help tools.



Content Library – Ongoing access to your favorite content.



Support for everyone – Share toolkits with those you think might find the information meaningful.